CLAIMS

What is claimed is:

1   1.   An fitness system for use across a

2   telecommunications network comprising:

3   one or more computers having one or more users

4   desiring motivational support for workouts; and

5   a fitness server communicably linked to the one

6   or more computers through the telecommunications network

7   and being configured to provide exercise routines,

8   parameters, tracking, and motivational assistance.

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1   2.   The fitness system of claim 1 wherein the fitness

2   server includes a workout module, a membership module, a

3   food module, and a email module.

1   3.   The fitness system of claim 2 wherein the workout

2   module includes workout routines.

1   4.   The fitness system of claim 3 wherein the workout

2   routines are predetermined workout programs.

1   5.   The fitness system of claim 3 wherein the

2   workout routines are user specified workout programs.

1   6.   The fitness system of claim of claim 4 wherein

2   the predetermined workout programs are daily workout

3   routines.

1   7.   The fitness system of claim 4 wherein the

2   predetermined workout programs are weekly workout routines.

1   8.   The fitness system of claim 4 wherein the

2   predetermined workout programs are

1   9.   The fitness system of claim 2 wherein the workout

2   module includes workout logs.

1   10. The fitness system of claim 9 wherein the workout

2 logs correspond to one or more users.

1   11. The fitness system of claim 2 wherein the workout

2 module includes workout histories.

1   12. The fitness system of claim 11 wherein the

2 workout histories correspond to one or more users.

1   13. The fitness system of claim 2 wherein the

2 membership module includes payment mechanism.

1   14. The system of claim 13 wherein the payment

2 mechanism allows the membership module to verify payment

3 information supplied by one or more users.

1   15. The system of claim 2 wherein the membership

2 module is configured to update and verify the account

3 status of one or more users.

1   16. The system of claim 2 wherein the email module

2 is configured to provide motivational messages to one or

3 more users.

1   17.   The system of claim 2 wherein the food module is

2   configured to provide nutritional guidance to one or more

3   users.

1   18.   The system of claim 1 wherein the global

2   communications network is the Internet.

1   19.   A method of personal training across a global

2   communications network comprising the steps of:

3   specifying a fitness level for atleast one

4   person;

5   electing a goal for the person;

6   selecting a workout program corresponding to the

7   goal;

8   charting progress of the person in the chosen

9   workout program;

10   providing motivational statements to the person

11   via the global communications network, wherein the

12   motivational statements encourage the person to continue

13   with and fulfill the workout program.

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1   20.   The method of claim 19 wherein the fitness level

2   is beginner.

1   21.   The method of claim 19 wherein the fitness level

2   is intermediate.

1   22.   The method of claim 19 wherein the fitness level

2   is advanced.

1   23.   The method of claim 19 wherein the step of

2   charting is performed using atleast a first workout log and

3   at least a second workout log.

1   24.   The method of claim 23 wherein the first workout

2   log is a weight training log.

1   25.   The method of claim 23 wherein the second workout

2   log is a cardiovascular log.

1   26.   The method of claim 19 wherein the global

2   communications network is the Internet.